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(54) Title: LOW-DOSE POTASSIUM SUPPLEMENTATION FOR THE PREVENTION AND TREATMENT OF HYPERTENSION

(57) Abstract: The present invention provides methods of decreasing blood pressure in a mammal, and treating or preventing hypertension in a mammal by administering to the mammal between about 10 mmol/day and about 35 mmol/day of a potassium salt. The present invention also provides supplemented beverages and foodstuffs which provide, as a daily serving, a supplement of a potassium salt between about 10 mmol/day and about 35 mmol/day.